

OCTOBER



Pick a **better snack**™




**PLAY YOUR WAY.
ONE HOUR A DAY.**

www.idph.state.ia.us/pickabetersnack



Pick a better snack™ encourages kids and families to enjoy a variety of fruits and vegetables. Complete the card by putting an "X" through the squares of fruits, vegetables and physical activities you have tried. A "bingo" is complete when you make a line of X's diagonally, horizontally, or vertically. Turn the card over for more fun!

Funded by USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer, in collaboration with the Iowa Departments of Public Health and Human Services. Iowa Food Assistance can help you buy healthy food. Visit www.yesfood.iowa.gov for more information.



MOM TO MOM

I have two young kids and I'm busy at work. My kids learned one simple rule at school that has helped all of us eat healthier: the rule of the colorful plate. When we are putting together our meals we think about how we can make our plates more colorful by adding fruits and vegetables. We can add peppers to our pizza, broccoli to our macaroni, or frozen berries to our oatmeal. Now that we all follow the colorful plate rule, it's easy for us to make even the simplest meals healthy ones.

~Natoshia, Mother of two in Iowa

REAL QUESTIONS. EXPERT ANSWERS.

**DO YOU NEED TO WASH FRUITS AND VEGETABLES
THAT WILL BE PEELED?**

FOR ANSWERS TO THIS AND OTHER QUESTIONS, CALL
IOWA STATE UNIVERSITY'S ANSWERLINE
800-262-3804 OR EMAIL ANSWER@IASTATE.EDU.

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Children need to be active 60 minutes a day, and walking or biking to school is an easy way to fit activity into a busy day. Team up with other parents near your home to form "walking school buses" and take turns walking kids to the bus stop or all the way to school.

- Are you too busy to play together as a family? Physical activity can be broken up into shorter amounts throughout the day. Take a 10 minute walk before dinner, or go for a walk or bike ride after dinner for "dessert." Think about your weekly or daily schedule and make opportunities to be more active. Every little bit helps.
- On weekends, plan a family hike through a scenic park. Children can help plan the route and make a map to use on the hike. Let the kids help rake or gather leaves and make a game of it. The winner gets to jump in the leaf pile first.

CHILD'S NAME

has played Pick a **better** snack™ bingo this month.

SIGNATURE